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# HOME ECONOMICS

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## DIETETICS

### TENTATIVE EDITION

Many clubs are convinced of the advantage of studying one subject thruout the season, and for this work a carefully prepared program is needed. Local or state committees and state library commissions have spent time in preparing outlines which would be suitable for use elsewhere if they could be made available by printing. It is proposed in this series to centralize such work and to conserve the effort spent in making a good outline by putting it in shape for distribution. The outlines in this edition are printed as originally prepared and they are *experimental* rather than typical. Clubs themselves by an actual testing of the outlines will be able to offer suggestion and criticism which will lead to a revision of form.

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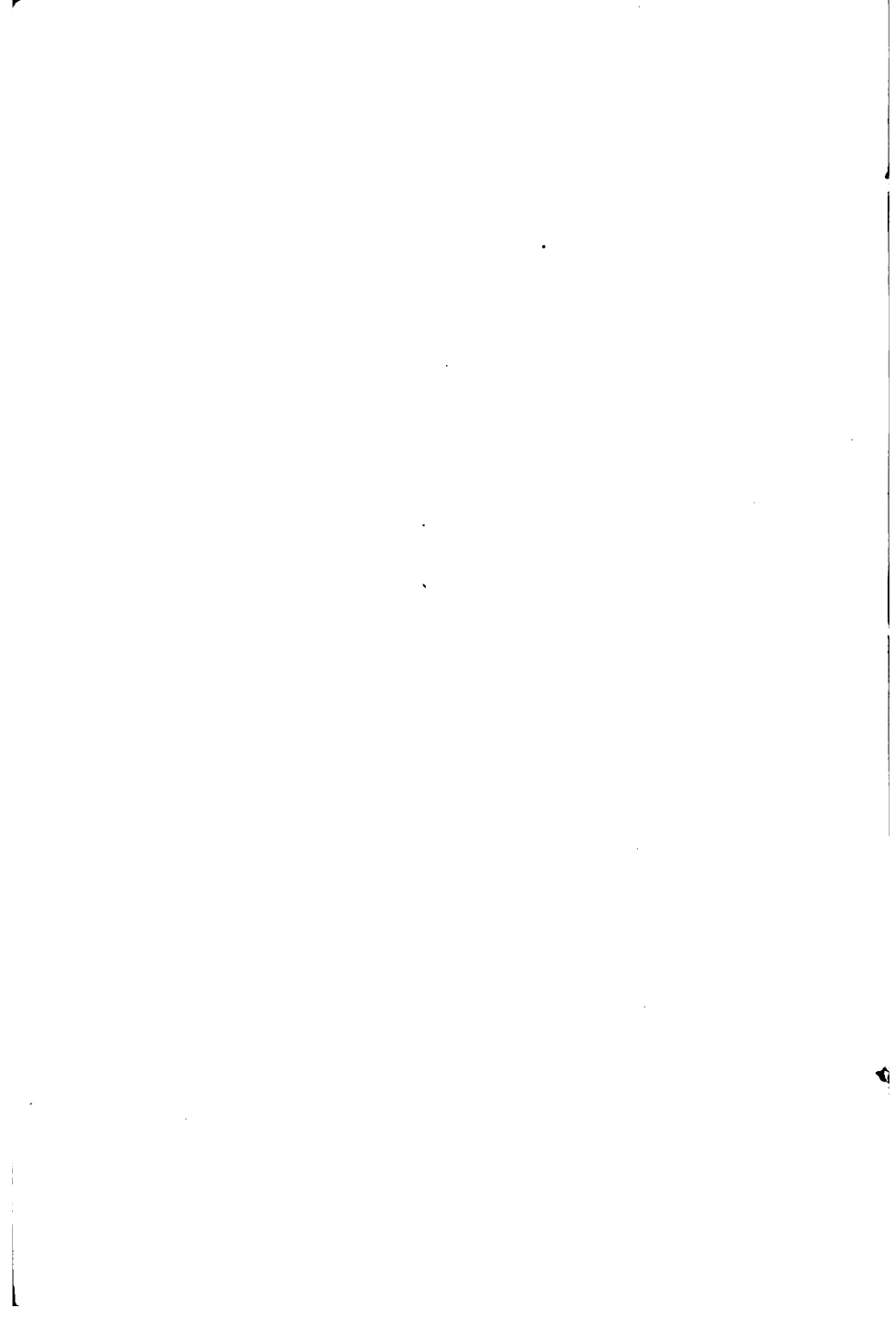
# HOME ECONOMICS

## A STUDY OUTLINE

PREPARED BY  
HOME ECONOMICS DIVISION  
Agricultural Extension Department,  
Purdue University

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1915



# STUDY OUTLINE

ON

## DIETETICS

In the references given under the topics, Hutchison refers to "Food and Dietetics," by Robert Hutchison; Jordan refers to "Principles of Human Nutrition," by W. H. Jordan; and Thompson, to "Practical Dietetics," by W. G. Thompson. A list of the references giving full information follows the outline.

Farmers' Bulletins have been given as references. These bulletins may be obtained free of charge upon application to the Editor-in-chief, Division of Publications, Washington, D. C., as long as the supply lasts. After that they may be purchased for a nominal sum from the Superintendent of Documents, Government Printing Office, Washington, D. C.

Another valuable source of reference material is the traveling library sent out by many state library commissions. These libraries are usually sent free except for express charges and may be retained for several months.

### I

#### 1. Paper: The food we eat.

1. Definition.
2. Classification according to
  1. Source.
  2. Function in body.
  3. Nutritive constituents.
3. Absorbability—why important.  
Hutchison. p 1-13.  
Thompson. p 4-6, 399-400.  
Farmers' Bulletin 23 p 10-15.  
Farmers' Bulletin 142 p 1-21.



tions, Department of Agriculture, Washington, D. C. as long as the supply lasts. After this they may be purchased for a nominal sum from the Superintendent of Documents, Government Printing Office, Washington, D. C.

Another valuable source of reference material is the traveling libraries sent by many State Library Commissions. These libraries are usually sent free except for express charges and may be retained for several months.

In the references as given under the topics, Farmer refers to "Boston Cooking School Cook Book," by F. M. Farmer; Hill, to "Practical Cooking and Serving," by J. M. Hill; and Hutchison, to "Food and the Principles of Dietetics," by Robert Hutchison. F. B. is the abbreviation for "Farmers' Bulletin." A list of these references giving full information follows the outline.

## I

1. Roll call: Bible quotation.
2. Short papers on coffee.
  1. History and manufacture of coffee.  
Farmer. p 35  
Hill. p 43.  
Hutchison. p 322.  
Encyclopedia.
  2. Coffee making.  
Farmer. p 37-39.  
Hill. p 44-45.  
Hutchison. p 324.
  3. Effect on the system.  
Farmer. p 35 and 36.  
Hutchison. p 329.
  4. Coffee adulterants.  
Farmer. p 36.  
Encyclopedia.
3. Paper: Our aim as a home economics club.
4. Current events.
5. Demonstration: Coffee served with wafers.

## II

1. Roll call: Favorite author.
2. Short papers on milk.
  1. Sources and kinds.  
F. B. 363 p 8.
  2. Food value.  
Farmer. p 9  
Hill. p 47-48.  
Hutchison. p 110-115.  
F. B. 363 p 9-12.  
F. B. 413 p 11-16.
  3. Care of milk.  
F. B. 63 p 27-36.  
F. B. 363 p 20.  
F. B. 413 p 5-8.
3. General discussion: The ideal farm home, size, necessary rooms, points in planning.  
F. B. 270 p 39-48.  
F. B. 317 p 5.  
F. B. 607.
4. Current events.
5. Demonstration: Junket served with plain cakes or cookies.

## III

1. Roll call: Mottos of celebrated men.
2. Discussion: Pure air.
  1. What is ventilation.
  2. How may well ventilated rooms be secured?  
How may poor ventilation be detected?  
Iowa State College. Healthful Homes.  
University of Illinois. Importance of  
Pure Air.  
Encyclopedia.

3. Short papers on fruit.
  1. Place of fruit in the diet.  
F. B. 293 p 22-35.
  2. Digestibility of fruit.  
F. B. 293 p 25-26.
  3. Cooking of fruit.  
F. B. 293 p 28-30.
  4. The possibilities of a home fruit garden.  
F. B. 154.  
F. B. 169.
4. Current events.  
Refreshments: Fresh fruit or dates, figs and nuts.

#### IV

1. Roll call: Favorite breed of chicken.
2. Short papers on kitchen.
  1. Size and furniture.  
F. B. 317 p 6-7.  
F. B. 342 p 32.  
F. B. 607.
  2. Wall and floor coverings.  
F. B. 342 p 31.  
Ohio State University. The kitchen.  
Go to the kitchen and note convenient arrangement of furniture and fixtures. Suggestions for improvement by members.
3. Short papers on eggs.
  1. Kinds used for food.  
F. B. 128 p 7.
  2. Place of eggs in the menu.  
F. B. 128 p 26.
  3. Care and preserving of eggs.  
F. B. 128 p 29.
  4. "Cooking eggs."  
Farmer. p 94-108.  
Hill. p 58-72.  
F. B. 128 p 8-13.
4. Current events.  
Refreshment: Egg sandwiches and coffee.

## V

1. Roll call: House cleaning convenience least easily dispensed with.
2. Short papers on vegetables.
  1. Classes of vegetables.  
F. B. 256 p 6-9.
  2. Structure of vegetables.  
F. B. 256 p 5-6.
  3. Cooking of vegetables.  
Hill. p. 258-262.  
F. B. 256 p 9-13.
  4. Value of vegetables in diet.  
Farmer. p 280-284.  
Hutchison. p 171-180, 251-252.  
F. B. 256 p 12-15.
  5. General discussion on house cleaning.  
How can old-time house cleaning days  
be eliminated?  
Aids in cleaning.
3. Current events.  
Refreshments: Sandwiches and punch.

## VI

1. Roll call: Quotation from Shakespeare.
2. Short papers on chocolate.
  1. Where grown.
  2. Manufacture.
  3. Food value.  
Hutchison. p 335-336.  
Encyclopedia.  
Walter Baker & Co., Dorchester, Mass.,  
will send you upon request a good  
book on cocoa and chocolate.

3. Discussion: The home grounds.
  1. Aims in home planting.  
F. B. 185 p 5-15.  
F. B. 248.  
F. B. 494.
  2. Results of improving home grounds on individual in home; on community.  
F. B. 185 p 24.
4. Current events.
5. Demonstration: Cocoa and chocolate cookies or cake.

## VII

1. Roll call: Most helpful magazine.
2. Short papers on disposal of wastes on farm.
  1. Water waste.  
F. B. 278 p 21.
  2. Sewage.  
F. B. 43 p 5-14.  
F. B. 270 p 21-34.  
F. B. 527.
  3. Ashes and miscellaneous refuse.  
F. B. 43 p 15  
F. B. 270 p 35
  4. Dangers from accumulations of waste.  
F. B. 43.
3. General discussion: Reading.
  1. Importance of reading in farm home.
  2. Kinds of reading.
  3. Reading for children.  
Cornell University. Reading in the farm home.
4. Current events.
5. Demonstration: New way to cook eggs, or eggs poached in milk.

## VIII

1. Roll call: My favorite color combination.
2. Short papers on cereals.
  1. Distinguishing features and how prepared for food: wheat, oats, corn, rice.
  2. Importance of cereals in diet.  
F. B. 249.  
Ohio State University. Cereals.  
Encyclopedia.
3. General discussion: Prepared vs. home-cooked breakfast foods.
4. Paper: The use and abuse of color in one's wardrobe. Give illustrations if possible.
5. Current events.
6. Demonstration: Oatmeal cookies.

## IX

1. Roll call: Favorite Bible character.
2. Short papers on sugar.
  1. Sources of cane sugar.  
Hutchison. p 270-276.  
F. B. 535 p 12-15.  
Encyclopedia.
  2. Food value and digestion of sugar.  
Hutchison. p 277-280.  
F. B. 535 p 15.
  3. Use of sugar in the diet.  
Hutchison. p 281-284.  
F. B. 535 p 23.
  4. Sugar for children.  
Hutchison. p 476-477.  
F. B. 535 p 30

3. General discussion: How should the housewife's recreation time be spent?
4. Current events.
5. Demonstration: Making of candy.  
Refreshments: Candy, nuts.

## X

1. Roll call: Rile'y quotations.
2. Short papers on textile fibers: Cotton, linen, wool, silk.  
Encyclopedia.  
Illinois Bulletin. Textiles.
3. Current events.
4. Report of work accomplished by the club during the year.
5. Possibilities for our club the coming year.

## REFERENCE LIST

Farmer, F. W. Boston cooking school cook book. new ed. \$1.80. Little.

Hill, J. M. Practical cooking and serving. 1902. \$2. Doubleday.

Hutchison, Robert. Food and the principles of dietetics. 3d ed. 1911. \$3. Wood.

Encyclopedia.

Farmers' Bulletin:

No. 43. Sewerage disposal on the farm.

No. 63. Care of milk on the farm.

No. 128. Eggs and their uses as food.

No. 154. The home fruit garden.

No. 169. The farmer's fruit garden.

No. 185. Beautifying the home grounds.

No. 248. The lawn.

No. 249. Cereal breakfast foods.

No. 256. Preparation of vegetables for the table.

No. 270. Modern conveniences for the farm home.

No. 293. Use of fruit as food.

No. 317. Experiment station work "The farm home."

No. 342. Experiment station work "A model kitchen."

No. 363. Use of milk as food.

No. 413. Care of milk and its use in the home.

No. 494. Lawn soils and lawn.

No. 527. Experiment station work "Sewage disposal for rural homes."

No. 535. Sugar and its value as food.

No. 607. The farm kitchen as a workshop.

Cornell University. Reading in the farm home.

Iowa State College. Healthful homes.

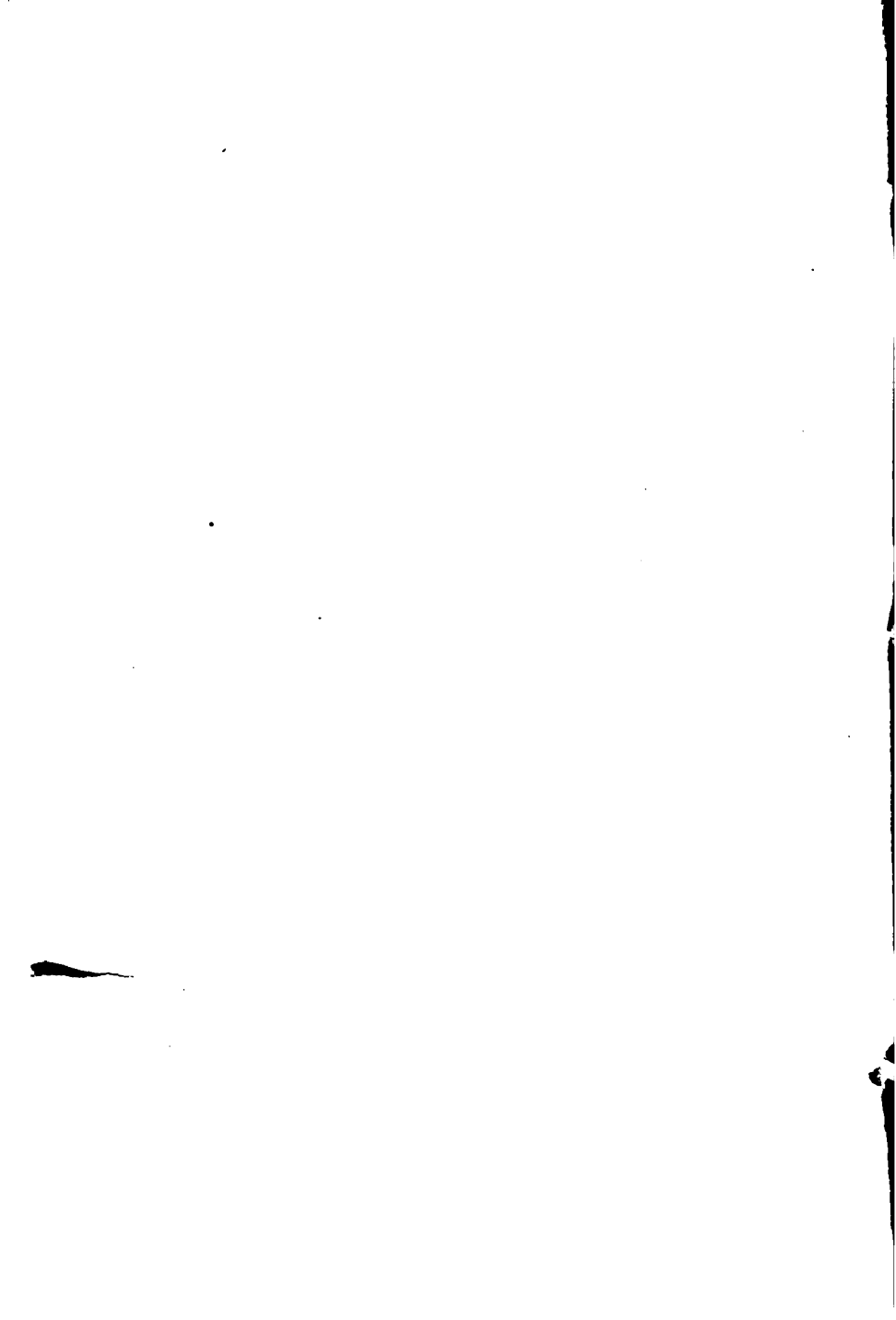
Ohio State University. Agricultural College. Cereals. 1912. Columbus, Ohio.

Ohio State University. Agricultural College. The Kitchen. 1912. Columbus, Ohio.

University of Illinois. Importance of pure air.

University of Illinois. Textiles.





# List of Study Outlines

**American Literature.** Outline No. 1. Prepared by Mrs. Jane Noble Garrott. Early literature to Lowell, with a program on the historians. 10p 15c. Outline No. 2. Prepared by Cornelia Marvin. Orators and statesmen, Whitman, Howells, a group of poets, analytical novel, short story, old and new South, middle and far West, essayists, humor, drama. 10p 25c.

**Contemporary Drama.** Prepared by Prof. Arthur Beatty for the Wisconsin Library Commission. Ibsen, Maeterlinck, Hauptmann, Sudermann, Echegaray, Rostand, Tchekoff, Brieux, Robertson, Jones, Pinero, Phillips, Shaw, Galsworthy, Yeats, Gregory, Synge, Fitch. List of plays, most important ones starred. Interpretative notes and suggestive ideas for discussion and study. 12p 25c.

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**Dietetics.** Programs for 10 club meetings. The study is based on four selected books and the Farmers' Bulletins. 10p. Under one cover with "Home Economics."

**England and Scotland: History and Travel.** Prepared by C. E. Fanning. Intended for travel study club which has a historical foundation for its work. Bibliography. List of additional topics. 10p 25c.

**Home Economics.** Prepared by the Home Economics Division, Agricultural Extension Department, Purdue University. Programs for 10 club meetings. The study is based on three selected books and the Farmers' Bulletins. 11p. Under one cover with "Dietetics." 25c.

**Italian Art: A General Survey.** Prepared for the Minnesota Library Commission. Chronological order of subjects 6p 15c.

**Mexico.** Prepared by Study Club Department, Wisconsin Library Commission. 2p. To be used in the same year with South America Past and Present or Panama. Under one cover with Panama. 15c.

**Municipal Civics.** Prepared by Anna L. Guthrie. A topical outline with references by page to books and periodicals. Bibliography. 32p 25c.

**Panama.** Prepared by L. E. Stearns for the Wisconsin Library Commission. 4p. Under cover with Mexico.

**Present Day Industries in the United States.** Prepared by the Study Club Department, Wisconsin Library Commission. Topical outline without references. 6p 15c.

**Slav Peoples.** Prepared by Gregory Yarros. The history, present distribution and culture of the Slavs. A topical outline with references under each topic. Bibliography. 24p. 25c.

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